

## Precision Rifle Intensive Camp South Africa



### Table of Content

Summary.....	2
Program.....	2
Arrival and Departure.....	2
Week Plan.....	2
Equipment.....	3
Travel.....	5
Flights.....	5
Rental Cars.....	5
Accommodation and Food.....	5
Cost.....	5
Registration.....	6
Some more rules.....	6
Conduct.....	6
Cancellation.....	6
Links.....	7

## Summary

### ***The Camp***

Intensive training camp dedicated to mastering precision rifle shooting. It includes theoretical and practical instruction on equipment, ballistics, wind and distance estimation and field craft as well as fundamental to advanced shooting techniques. The acquired skills will be tested on the range, in the bush and in PRS competition.

### ***Goals***

At the end of the camp you will have learned and applied rifle and equipment setup, ballistics, field craft, shooting principles and manipulations under changing, demanding circumstances. You will have acquired and trained your precision rifle skills with ample opportunity to prove yourself under field and competition conditions.

### ***Participants***

Participants are welcome from beginner to experienced level. You should be eager to learn, to perfect and to prove your rifle shooting skills. Participants need a robust fitness as many exercises will include elements of physical endurance, force and flexibility.

### ***Location***

The camp will take place on the fantastic facilities of the False Bay Sports Shooting Club near Cape Town and in our adventurous bush camp out in the field.

## Program

During the training camp, each day will be action packed from early morning to late evening. Consequently, there will be very little to no time at all for sightseeing, entertainment or other non-related activities during the week. Please plan your stay in South Africa accordingly so that you can profit fully from the program. We highly recommend to further explore the magnificent country of South Africa and enjoy the many attractions it has to offer either before or after the camp.

### ***Arrival and Departure***

All participants are asked to arrive latest on the starting day, Sunday evening at 6pm sharp in our base in Noordhoek.

Participants are free to follow their own schedule on the end day, latest Sunday afternoon at around 6pm.

### ***Week Plan***

Each training day will start in the morning at 8am and conclude in the evening around 6pm. Periodic short breaks and a one-hour lunch break per day will allow you to regain strength and concentration to master the tasks laying ahead.

The instructors will adapt the detail program to the actual situation. The speed of advance and the level of difficulty will be modulated according to the daily performance of the participants. The safety of all involved persons will remain the top priority at all times.

The draft program for the week looks as follows:

Day	Program	Goals
<b>Monday</b>	<ul style="list-style-type: none"> <li>■ Review &amp; adapt equipment</li> <li>■ Basic precision shooting skills</li> <li>■ Ballistics theory and practice</li> <li>■ Rifle level 1 training &amp; test</li> </ul>	<ul style="list-style-type: none"> <li>■ Know and apply safety rules</li> <li>■ Set standards for the week</li> <li>■ Know and apply fundamentals</li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>■ Scope and reticle theory and practice</li> <li>■ Rifle level 2 training &amp; test</li> <li>■ Correction table</li> <li>■ Re-locate to Bush Camp</li> </ul>	<ul style="list-style-type: none"> <li>■ Consolidation of skills</li> <li>■ Know and apply improvised positions</li> <li>■ Prepare personal shooting data</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>■ Shoot &amp; hit at longer distances</li> <li>■ Wind &amp; distance estimation</li> <li>■ PRS intro</li> </ul>	<ul style="list-style-type: none"> <li>■ Apply ballistics</li> <li>■ Know personal practical accuracy</li> <li>■ Start PRS sport shooting</li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>■ PRS skills stages</li> <li>■ Bush stages (team)</li> </ul>	<ul style="list-style-type: none"> <li>■ Determine personal skill level</li> <li>■ Train PRS standards</li> <li>■ Apply skills in bush conditions</li> </ul>
<b>Friday</b>	<ul style="list-style-type: none"> <li>■ Practical positions</li> <li>■ Longer distance training</li> <li>■ Shootout</li> <li>■ Re-locate to match venue</li> </ul>	<ul style="list-style-type: none"> <li>■ Prepare for competition</li> <li>■ Hone personal skills</li> </ul>
<b>Saturday</b>	<ul style="list-style-type: none"> <li>■ PRS Match</li> </ul>	<ul style="list-style-type: none"> <li>■ Perform in PRS competition</li> </ul>
<b>Sunday</b>	<ul style="list-style-type: none"> <li>■ Re-locate back to Cape Town</li> </ul>	

The program will be finalized according to the availability of the local instructors and the discussion and acceptance by the team.

## Equipment

There is a gun shop right on the False Bay range. We will pre-order the necessary ammunition for all registered participants.

If you have special needs, it is best to address them early. Many quality items can be acquired in South Africa. Since we cannot anticipate each participants needs please let us know beforehand and discuss what the possibilities are.

Weapons		
Item	Details	Mandatory
Bolt Action Rifle	<p>Upon invitation to a competitive sports shooting event, it is possible to temporarily import a manually operated rifle along with a maximum of 200 rounds (or a maximum of 5kg). It is necessary to bring your personal rifle to the camp.</p> <p>We recommend the following features:</p> <ul style="list-style-type: none"> <li>■ Easily transportable: you will need to carry your rifle over extended periods of time</li> <li>■ Sturdy: the equipment has to function under adverse conditions such as heat, dust, sand, moisture</li> <li>■ Detachable magazines (bring at least 3 10-round magazines)</li> </ul>	Yes Temporary import
Scope	The rifle needs to be equipped with a scope using a practical	Yes

	reticle. It has to enable shooting at up to 1000m, allow for easy range estimation and for quick holds using the reticle and for easy correction of elevation (and windage) using the turrets. We recommend to use a sturdy scope with a first focal plane MRAD capable reticle and MRAD turrets with a zero stop. In the field, you will very rarely need a magnification larger than 10x.	Temporary import
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Ammunition		
Item	Details	Mandatory
.308 Win	We will provide the necessary match ammunition needed for all participants for the whole camp. If you require a different calibre please check with us on availability and pricing in advance.	Yes Buy

Personal Equipment		
Item	Details	Mandatory
Eye/Ear	Eye and ear protection. We recommend to bring sun and low light options for the eyes.	Yes Bring
First Aid Kit	Personal first aid kit.	Yes Bring
Cleaning kit	Cleaning kits for the rifle. All participants will need to be able to maintain their firearms.	Yes Bring
Binocular or Monocular	Spotting scope suitable for observation and distance estimation. We recommend an easily portable and deployable device, preferably with an MRAD reticle. If the magnification is very high, you will have difficulty to find objects or landmarks in the field.	Yes Bring
Data Booklet	You will need a small, easily portable data booklet where you can keep your personal ballistic data needed for the exercises and PRS competition.	Yes Bring
Flash light	Flash light that can be hand held.	Yes Bring
Footwear	Sturdy footwear is an absolute must.	Yes Bring
Cap/Hat	Bring along a suitable cap and hat for sun protection.	Yes Bring
Rucksack	During some exercises, you will be required to carry all your equipment including drink and food with you. Additionally, you will need your rucksack as an improvised rest for your rifle.	Yes Bring
Long Trousers	While shorts may look and feel cool, a sturdy pair of long trousers is highly recommended.	Yes Bring
Long Sleeve Shirt	See above...	Yes Bring
Gloves	Light sturdy gloves can be useful for intensive drill exercises and other challenges.	Recommended Bring or Buy

Pads	Elbow and knee pads are recommended as the ground can be hard, rocky and generally unforgiving.	Recommended Bring or Buy
Electronic devices	You can bring electronic helpers such as range finders, wind meters, ballistic calculators and so on. However, they will be prohibited in many of the exercises.	N/a

When assembling your equipment remember that we will be outdoors and in mid-summer. The sun can be very intensive so it is wise to bring good sun protection and to cover the head. It can rain occasionally, so some light rain gear might be useful as well.

## Travel

### **Flights**

There are many flights from Switzerland to Cape Town. Edelweiss flies directly from Zurich to Cape Town. Most other options involve at least one stop. Please consult with the airline on possible transportation restrictions for firearms.

You will need to book your own flights around the course dates.

### **Rental Cars**

You will need to be able to re-locate with all your gear over longer distances. Several participants can hire and share cars in groups. Details will be agreed with the participants beforehand.

For individual programs before or after the event it is best to rent a car to get around. Rental cars start at about CHF 20.- per day.

One little thing: South Africans drive on the 'wrong' side, so stay alert especially at night!

### **Accommodation and Food**

Participants will have to book their own accommodation near Simons Town or Nordhoek for the days near Cape Town.

For the days in the bush (Tuesday-Sunday), accommodation and meals will be provided. If you need any special arrangements please discuss with us beforehand.

## Cost

Pricing to be announced.

Including:

- Instruction
- Range fees
- Range material
- Ammunition: 600 rounds of match grade .308 Win
- Accommodation and meals (breakfast, lunch, dinner, soft drinks) in the bush

Not including:

- Flight
- Transportation to/from airport and to/from range
- Transportation to and from Bush Camp and Match venue depending on number of participants
- Accommodation, food and so on when in/near Cape Town

- Personal shooting gear such as rifle, scope and so on
- Alcoholic beverages

The prices are calculated from the South African Rand and depend on the actual exchange rate. We will issue a final invoice, latest 60 days prior to camp start.

Upon registration, we will ask you to provide a pre-payment of CHF 500.- to cover some preparation, pre-ordering of ammunition and material. The remaining fee is due latest 60 days prior to the camp start.

## Registration

Will be available when announcing the camp.

## Some more rules

### **Conduct**

Safety is the paramount goal of the whole camp. Make sure you handle your firearms safely at all times even when exhausted. It's better to act a little slower but stay safe than to rush things and be sorry later. Your head is the most important body part for all the challenges of the week. Stay on top of what you are doing at all times!

The participants will work as a team throughout the whole duration of the camp. Everybody will have an equal chance to learn and perform according to his or her abilities. If you see another person struggling get outside of your comfort zone to help him or her and make everybody successful.

All participants need to be on time and ready to perform as the program demands. Breaks are taken as a group and not individually. If you feel you have to leave the group for whatever reason, ask your instructor first.

Be polite and show respect to all persons at all times. To all other shooters, visitors of the range, workers, personnel of the facility and so on you are an ambassador of SwissAAA and dynamic sports shooting.

### **Cancellation**

Cancellation by the participant is possible only for reasons of 'force majeure' such as e.g. grave illness or accident. For any refund, corresponding proof will have to be presented such as e.g. medical certificates or police records that clearly show that the participant could not anticipate the situation and he or she is prevented from participating beyond any doubt. SwissAAA has to be notified in writing with all required documentation latest 60 days prior to camp start. Later than that, a full refund may not be possible due to the necessary pre-payments performed by then. From 20 days prior to camp start onwards no refund is possible at all.

Cancellation by SwissAAA is possible at any time for violation of safety rules or gross misconduct such as for example:

the concerned person

- has made false statements to get registered
- poses a safety risk to himself or herself or any other person
- demonstrates gravely undisciplined behaviour such as disobeying the instructors or violating range rules

Such a cancellation can be done prior to the event or on the spot by the instructor in charge. No refund whatsoever is possible if SwissAAA cancels a participant for the above reasons.

### ***Links***

SwissAAA	<a href="http://www.swissaaa.org">www.swissaaa.org</a>
False Bay Sports Shooting Club	<a href="http://www.falsebaysportshooting.co.za">www.falsebaysportshooting.co.za</a>
False Bay Firearm Training Academy	<a href="http://www.firearmtrainingacademy.co.za">www.firearmtrainingacademy.co.za</a>
International Precision Rifle Federation	<a href="http://www.precisionrifle.org">www.precisionrifle.org</a>
Precision Rifle Series	<a href="http://www.precisionrifleseries.com">www.precisionrifleseries.com</a>
Edelweiss	<a href="http://www.edelweissair.ch">www.edelweissair.ch</a>
Rhino Car Hire	<a href="http://www.rhinocarhire.com">www.rhinocarhire.com</a>
South Africa Tourism	<a href="http://www.southafrica.net">www.southafrica.net</a>
Cape Town Tourism Info	<a href="http://www.capetown.travel">www.capetown.travel</a>
Simons Town Tourism Info	<a href="http://www.simonstown.com">www.simonstown.com</a>